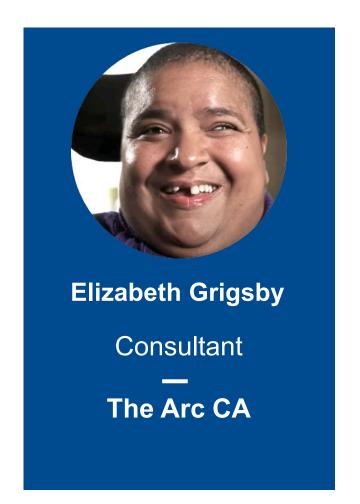


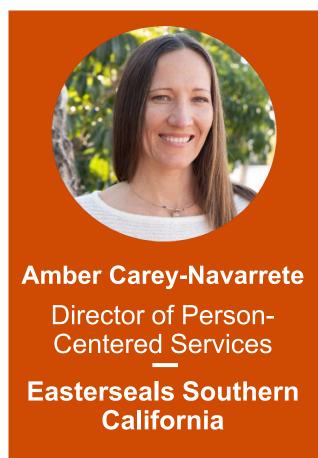
ADVOCACY FROM INFORMED TO EMPOWERED

SEPTEMBER 8, 2021

DISABILITY THRIVE INITIATIVE TEAM MEMBERS

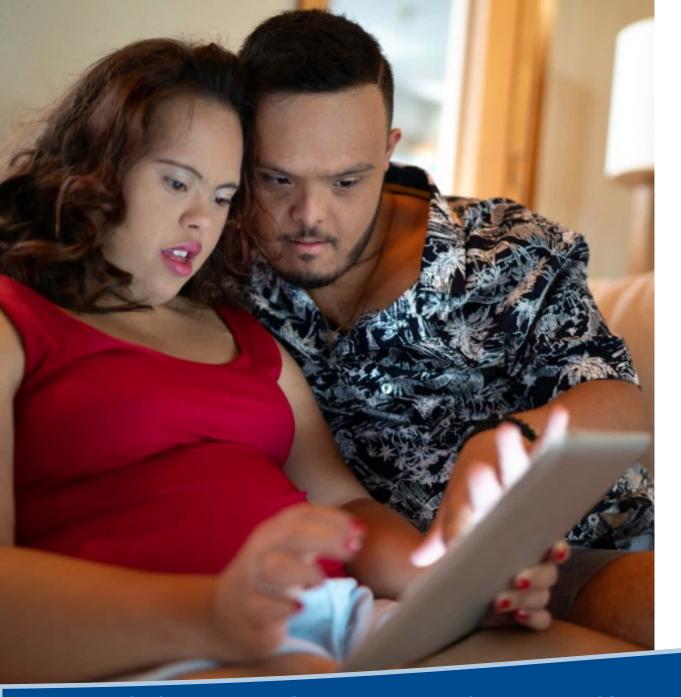












TODAY'S WEBINAR

- Informed
 - Students with Disabilities
 Bill of Rights
 - The Office of Clients' Rights Advocacy
- Empowered
 - SAC6: The Power Starts with You!
 - Systems Change

INFORMED



Photo by Annie Spratt on Unsplash

STUDENTS WITH DISABILITIES - BILL OF RIGHTS







Photo by Anthony Garand on Unsplash

RIGHTS EDUCATION



Students with Disabilities Bill of Rights

- The right to:
 - Education
 - Physical and emotional wellness
 - A stable and nurturing environment
 - A safe, healthy and comfortable home
 - Clean water and clothing
- As students get older:
 - Age appropriate access to technology
 - Reproductive health care information and services
- And so much more...

These are RIGHTS not PRIVILEGES, and these rights should not be taken away as punishment.



Photo by Bruno Nascimento on Unsplash

WHY IS RIGHTS EDUCATION IMPORTANT?



Children with disabilities have a higher risk of abuse and neglect than their peers without disabilities

Types of Abuse Include

- Physical Abuse
- Emotional Abuse
- Neglect

- Intimidation
- Sexual Abuse
- Isolation

Disability Justice (2021). Abuse and Exploitation of People with Developmental Disabilities. Retrieved from https://disabilityjustice.org/justice-denied/abuse-and-exploitation/

DOES NOT KNOWING YOUR RIGHTS INCREASE THE RISK OF ABUSE?

Knowing your rights, and how to speak up for yourself, can help you protect yourself from abuse.

- People with disabilities may be seen by abusers as weak, unable to assert themselves, and less likely to report abuse. This makes them easy targets
- People with disabilities may believe that they deserve the abuse.
- Many people with disabilities are afraid that they will not be believed when they report abuse.

Disability Justice (2021). Abuse and Exploitation of People with Developmental Disabilities. Retrieved from https://disabilityjustice.org/justice-denied/abuse-and-exploitation/

HOW CAN COMMUNITY PROTECT RIGHTS?

Another way you can protect your rights and prevent abuse, is by being active in your community and having more people you trust to go to when you feel something is wrong.

- People with disabilities are often isolated and dependent on a small circle of friends or caregivers for critical support, including assistance with basic physical needs.
- These same caregivers are often the abusers, which poses a difficult decision for the victim who is required to choose between the potential for continuing abuse and an uncertain future.
- Also people may have limited access to police, advocates, medical or social services representatives, or others who can intervene and help.

Disability Justice (2021). Abuse and Exploitation of People with Developmental Disabilities. Retrieved from https://disabilityjustice.org/justice-denied/abuse-and-exploitation/

WHAT GOOD THINGS COME FROM TEACHING CHILDREN ABOUT THEIR RIGHTS?

When children learn to speak up for their rights they...

- Have a brighter future
- Do better in school
- Are better able to advocate for themselves as adults
- Become more assertive people



Photo by <u>Joan Kwamboka</u> on <u>Unsplash</u>

CAN KNOWING YOUR RIGHTS IMPROVE YOUR QUALITY OF LIFE?

Yes, studies show...

- When people have the right to personal decision-making,
 - emergency department visits decrease by 47%
 - behavior events decrease by 69%.
 - had more than double the amount of quality of life outcomes compared to people who did not exercise rights.
- When people have the right to visitors, abuse and neglect incidents decrease by 57%.

Friedman, C. (2021). Rights and Overall Quality of Life. Capstone Newsletter. Retrieved August 30, 2021. from https://www.c-q-l.org/resources/newsletters/using-the-three-es-to-impact-rights/

THE OFFICE OF CLIENTS' RIGHTS ADVOCACY

Bhumit Shah

Clients' Rights
Advocate

Disability Rights California



WHAT IS THE LANTERMAN ACT?



- The Lanterman Act establishes the Regional Center system. (W&I §4500 et seq)
- It is intended to give people with developmental disabilities the right to services and supports that will allow individuals to lead more normal and independent lives. (W&I §4501)
- The regional centers also administer the Early Intervention Services Act known as Early Start.



WHAT IS THE ROLE OF REGIONAL CENTER?



- Refer people to Family Resource Centers for assistance with preventive services.
- Coordinate services for all of their regional center clients.
- Develop an Individualized Family Services Plan (IFSP) or Individual Program
 Plan (IPP) that considers each person's individual needs and choices.
- Make sure that the client receives all of the services and supports listed in the IFSP/IPP.
- Develop new services and supports and monitor the quality of the services and supports provided.

WHAT IS THE ROLE OF MY SERVICE COORDINATOR?

- Your service coordinator is your contact at the regional center.
- Your service coordinator helps develop your IPP or IFSP and works to make sure that you get the services you are entitled to from other agencies.
- You can ask for a different service coordinator if you are unhappy with the one that the regional center has assigned to you.
- Your relationship with your service coordinator is an important one, because of this no person can continue as your service coordinator unless you agree.

WHAT IS THE ROLE OF SERVICES?



- You have a choice over the supports and services you receive. Even during the pandemic.
- It is the regional center's responsibility to ensure that all needed services are being provided.
- The goal of services is to:
 - Create a customizable approach for people in the least restrictive environment
 - Lessen the effects of the disability.
 - Have an independent and productive life.
 - Learn new skills.
- Generic Resources
 - Community Centers & Colleges
 - Department of Rehabilitation
 - In-Home Supportive Services



INDIVIDUALIZED FAMILY SERVICE PLAN (IFSP) SERVICE EXAMPLES



- Service Coordination
- Family Training
- Counseling
- Special instruction
- Speech-Language and Audiology
- Occupational Therapy
- Physical Therapy
- Psychological Services

- Medical Service for Diagnostic or Evaluation Only
- Transportation
- Assistive Technology
- Durable Medical Equipment
- Vision services
- Health Services if needed to benefit from other services.

INDIVIDUAL PROGRAM PLAN (IPP) SERVICE EXAMPLES

- Assessment Services
- Habilitation and Training
- Treatment and Therapy
- Preventive Services
- Living Arrangements
- Community Integration
- Employment/Day Programs
- Family Support Services

- Relationship Services
- Emergency and Crisis Intervention
- Specialized Equipment
- Transportation Services
- Facilitation Services
- Self-Advocacy
- Advocacy

(W&I §4512(b))

WHAT DO I DO IF I WANT CHANGES TO MY SERVICES?

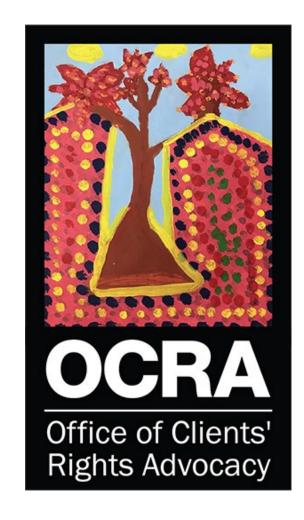
Advocate for what you want and need.

- Talk to staff at the services you currently receive to see if they can make changes to meet your needs, especially if your needs have changed during the pandemic.
- If not, talk to your service coordinator and regional center to see what other services may meet your need.
- If you are still having a problems getting services or having problems with your Regional Center, a Client's Right Advocate from OCRA may be able to help you.

WHAT IS THE OCRA?



- The Office of Clients Rights' Advocacy (OCRA) is a program of Disability Rights California.
- OCRA is funded through a contract with the California Department of Developmental Services (DDS).
- OCRA's services are free of charge for regional center clients.



WHAT IS A CLIENTS' RIGHTS ADVOCATE (CRA)?

- A CRA is a person trained to advocate on behalf of persons with developmental disabilities.
- There is a CRA with an office in every regional center across the state.
- CRAs are not employees of the regional center. CRAs are employees of Disability Rights California.
- CRAs try to resolve legal problems related to a client's disability.

WHAT CAN MY CLIENTS' RIGHTS ADVOCATE DO FOR ME?

- Provide information to you on your legal rights.
- Review documents and advise you on how to resolve your case.
- Help you prepare for an upcoming meeting or hearing.
- Assist in preparing documents to assure compliance with the law.

- Provide legal trainings.
- Represent people with developmental disabilities at administrative hearings.
- Investigate denials of rights.

WHAT AREAS OF LAW CAN MY CRA ASSIST ME WITH?

- Regional Center/ Lanterman Act
- Special Education
- Social Security
- Medi-Cal, Private Insurance
- Discrimination



- Conservatorship and Guardianship
- Personal Autonomy
- Community
 Integration
- IHSS
- Abuse and Neglect

HOW DO I GET OCRA TO HELP ME WITH MY PROBLEM?



When you call the OCRA office for your regional center, OCRA staff will:

- Ask you about your problem.
- Discuss how they can help you.

OCRA tries to assist everyone who calls the office. You may receive:

- Information and/or referral
- Technical assistance
- Investigation of your case
- Direct Representation



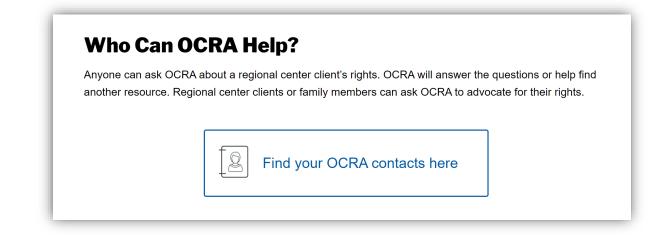
HOW DO I CONTACT MY LOCAL OCRA OFFICE?



To get the name of the CRA for your regional center go to the staff directory at the <u>Disability Rights CA Website</u> (http://www.disabilityrightsca.org/)

Or call toll-free for assistance:

Northern CA (800) 390-7032 Southern CA (866) 833-6712 TTY (800) 669-6023



EMPOWERED



Photo by Annie Spratt on Unsplash

SAC 6

THE POWER STARTS WITH YOU!



THE SELF ADVOCACY COUNCIL 6





- HI MY NAME IS CATRINA CASTRO, I AM THE CHAIRPERSON FOR THE SELF ADVOCACY COUNCIL 6- SAC6 FOR SHORT. BEFORE I SHARE MORE ABOUT MYSELF- WE WANTED TO GIVE YOU A BRIEF HISTORY OF HOW SAC6 GOT STARTED AND WHAT OUR MISSION IS.
- THE SELF ADVOCACY COUNCIL 6 WAS CREATED IN MAY, 1992 BY SELF ADVOCATES AT AN AREA SELF ADVOCACY MEETING AND SERVES AREA 6 – AMADOR, CALAVERAS, SAN JOAQUIN, STANISLAUS, AND TUOLUMNE COUNTIES.
- THE SELF ADVOCACY COUNCIL 6 STARTED IN 1992 WITH \$5000 THROUGH A
 GRANT THAT AREA BOARD 6 GOT FROM THE STATE COUNCIL OF
 DEVELOPMENTAL DISABILITIES. IN FISCAL YEAR 1998/99, THE SELF
 ADVOCACY COUNCIL 6 HAD RECEIVED FUNDING FROM VALLEY MOUNTAIN
 REGIONAL CENTER. IN EXCHANGE FOR THAT FUNDING, THE SELF
 ADVOCACY COUNCIL 6 RAN QUARTERLY AREA WIDE SELF ADVOCACY
 MEETINGS, HELPED PEOPLE LEARN ABOUT SELF ADVOCACY,
 PARTICIPATED AT LOCAL AND STATEWIDE SELF ADVOCACY CONFERENCES,
 HELPED BUILD LOCAL GROUPS, AND REPRESENTED SELF ADVOCATES TO
 THE REGIONAL CENTER AND OTHER DECISION MAKING BOARDS.

THE MISSION OF THE SELF ADVOCACY COUNCIL 6





 Two representatives from each self advocacy chapter in Area 6 can serve on the Self Advocacy Council 6. SAC 6 has representatives on ALL Valley Mountain Regional Center board committees, the State Council on Developmental Disabilities (SCDD) North Valley Hills Regional Advisory Committee, Statewide Self Advocacy Network and Department of Developmental Services Consumer Advisory Committee to name a few.

The Mission of the Self Advocacy Council 6

- Learn about issues that impact the lives of persons with developmental disabilities.
- Tell the self advocacy groups about important issues.
- Find out what the self advocacy groups think about important issues.
- Find out what self advocates want in their lives.
- Talk to people who make decisions for people with developmental disabilities, including VMRC, DDS, and SCDD and tell what the self advocates want.
- Help the Self Advocacy movement GROW!



WELL AS THE SAC 6 GOALS COMMITTEE.



 NOW SOME THINGS ABOUT ME- I REPRESENT OPEN DOOR SERVICES IN MANTECA. I ALSO CURRENTLY AM ON THE DDS CAC (DEPARTMENT OF DEVELOPMENTAL SERVICES-CONSUMER ADVISORY COMMITTEE). I AM ON THE VMRC NOMINATING COMMITTEE AND SAC 6 FINANCE COMMITTEE AS

• THE REASON I GOT INVOLVED WITH ADVOCACY IS TO MAKE SURE MY VOICE IS HEARD. I SPEAK UP FOR EVERYONE. I WANTED TO MAKE SURE PEOPLE'S RIGHTS ARE BEING RESPECTED BECAUSE THEY ARE IMPORTANT. I WANT TO HELP PEOPLE WITH DISABILITIES AND PEOPLE WITH OUT DISABILITIES TO UNDERSTAND WHAT WE GO THROUGH.

CRYSTAL ENYEART



HI MY NAME IS CRYSTAL ENYEART AND I AM THE VMRC BOARD REPRESENTATIVE AND CONSUMER SERVICES REPRESENTATIVE. AS PART OF THE CONSUMER SERVICES, I REPRESENT SAC 6 AND ALL 16 THOUSAND PEOPLE WHO RECEIVE VMRC SERVICES. I AM THE VOICE FOR ALL INDIVIDUALS WITH DISABILITIES. I AM ALSO THE ARC AMADOR REPRESENTATIVE AND AMADOR (SSTAC) SOCIAL SERVICE TRANSPORTATION ADVISORY COUNCIL TO THE AMADOR COUNTY TRANSPORTATION COMMISSION & (SCDD) STATE COUNCIL ON DEVELOPMENTAL DISABILITIES. I ATTEND THESE MEETINGS EVER OTHER MONTH AND I AM THE VOICE FOR INDIVIDUALS WITH DISABILITIES IN AMADOR COUNTY.

LISA UTSEY

HITAM LISA UTSEY I REPRESENT VALLEY CAPS OF MODESTO AND I AM A NEW ARCA REPRESENTATIVE (ASSOCIATION REGIONAL CENTER AGENCIES), AND I AM A SAC6 CONSULTANT AND AM ON THE VMRC FINANCE COMMITTEE AND THE VMRC CONSUMER SERVICES COMMITTEE. I AM A NEW VMRC BOARD MEMBER.



- DURING COVID 19 SAC 6 NEEDED A WAY TO KEEP OTHERS INFORMED AND TO SHARE IMPORTANT INFORMATION WITH, SO WE STARTED FRIDAY ZOOM CHATS SOME TOPICS WE HAD WERE...
 - What is a stimulus checks
 - Health & Wellness
 - VOTING
 - US Census
 - Scam Alerts
 - How to connect with your legislators
 - Mental Health Awareness
 - Self Determination

- How to engage with Law Enforcement
- Know your RIGHTS
- Disaster Preparedness
- Coping with loss and grief
- Person Centered Planning
- Cyber Bullying
- Employment and YOU
- Special Olympics

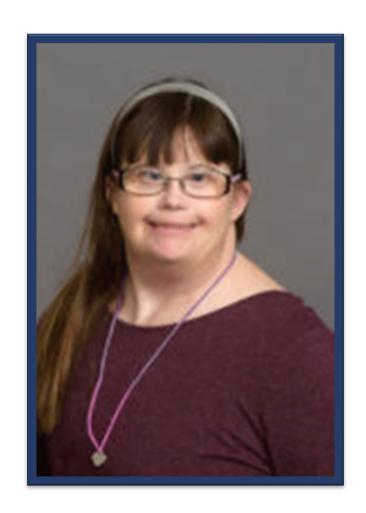
KERSTIN WILLIAMS



HI -WELCOME, MY NAME IS KERSTIN WILLIAMS- I AM THE SAC6 TREASURER, I AM ON THE SELF DETERMINATION COMMITTEE, SCDD RAC, CHOICES COMMITTEE AND I GO TO PCS IN STOCKTON. THE REASON I GOT INVOLVED IN SELF ADVOCACY IS TO HELP PEOPLE HAVE THEIR VOICE HEARD. MY ADVICE TO ANYONE WOULD BE TO NEVER GIVE UP ON YOUR DREAMS.

DENA PFIEFER

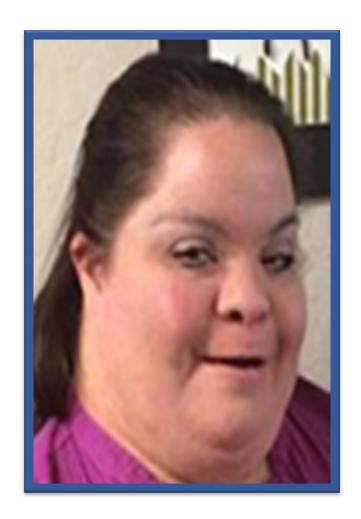




HELLO MY NAME IS DENA PFIEFER I AM NOW A SAC 6 CONSULTANT, I WAS ON THE VMRC BOARD FOR 7 YEARS. I AM ALSO ON THE CONSUMER SERVICES COMMITTEE AS CHAIR. AT MY DAY PROGRAM I HAVE HELD THE POSITION PRESIDENT, VICE PRESIDENT, AND SECRETARY. I BELIEVE THAT EVERYONE HAS A VOICE, AND EVERYONE SHOULD SPECK UP FOR THEIR RIGHTS. I THINK ITS IMPORTANT TO KNOW YOUR RIGHTS SO WE CAN MAKE SURE WE ARE TREATED FAIRLY AND WITH RESPECT.

JESSICA QUESADA





HELLO MY NAME IS JESSICA QUESADA. MY ADVICE TO ANYONE IS TO SPEAK UP, ALWAYS DO YOUR BEST, AND REMEMBER TEAMWORK MAKES THE DREAM WORK. THE SAC6 SERVES AS THE CONSUMER ADVOCATE FOR VALLEY MOUNTAIN REGIONAL CENTER, AND I AM PROUD TO BE A SAC6 CONSULTANT. I AM ALSO A NEW MEMBER TO THE VMRC BOARD. I AM VERY GRATEFUL AND HONORED TO BE ON THIS BOARD AND HAVE MY VOICE HEARD.

VALLEY MOUNTAIN REGIONAL CENTER

SAC6 continues to be supported by valley mountain regional center Please welcome the executive director of VMRC Tony Anderson to say a few words





SYSTEMS CHANGE PRESENTERS











SYSTEMS CHANGE









Systems Change Advocate Transforms Obstacles in Society through:

- Individual and Systems Advocacy
- Group Interactions
- Political Involvement







If a group or a clients' rights are violated, the advocate can assist with outlining all personal, administrative and legal rights.



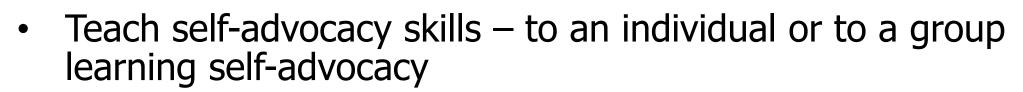
The goal is better protection.

SYSTEMS CHANGE: THE ADVOCATE'S ROLE (1 OF 2)











Provide information and empower the client



- Listen to concerns and issues
- Gather all the facts from all parties involved be nonjudgmental, non-partisan



SYSTEMS CHANGE: THE ADVOCATE'S ROLE (2 OF 2)











Give referrals to other options and expertise



- Follow the client's lead as to how much assistance is needed
- Provide an objective perspective on the situation

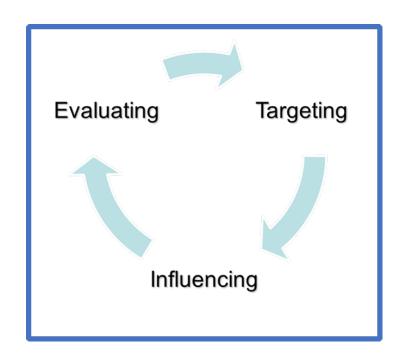


EFFECTIVE ADVOCACY – DEFINED:









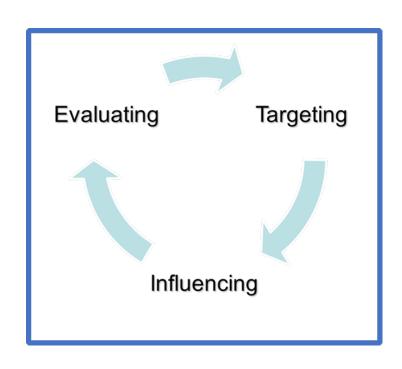
- Advocacy is a planned action to support an issue, interest, cause, or idea
- Advocacy occurs on behalf of the powerless
- Advocacy is about justice and equality for the dispossessed

EFFECTIVE ADVOCACY – THE GOAL:





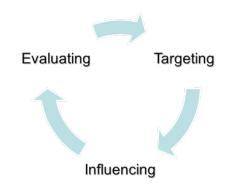




- Personal rights Provide services directly to assist the client
- Advocates must be aware of the constitutional rights of people with disabilities
- Clients must use these powerful constitutional rights and assert them -Advocates do not do crisis work

EFFECTIVE ADVOCACY – WE GUIDE OUR CLIENTS TO:







- Identify the issues to address rargeting
- Identify where the client will address the issues (what agency or level at the agency) Influencing
- Implement the plan Influencing
- Observe the results Evaluation
- Assess Evaluation and Targeting
- Modify, revise if needed, and go through all previous steps until goal is achieved - Evaluation and Targeting

DIVERSABILITY ADVOCACY NETWORK (DAN) (1 OF 2)







Formed in 2012, DAN serves the Northern Sacramento Valley and surrounding mountain counties.

- DAN partners with the Disability Action Center and the North State Office of the State Council on Developmental Disabilities.
- DAN works directly with county agencies, community-based organizations, and health plans throughout the region.

DAN's primary focus is to serve as a reliable rural-county source of information about:

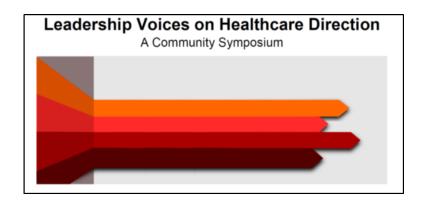
- long-term services and supports (LTSS)
- legislative and healthcare changes affecting all age groups

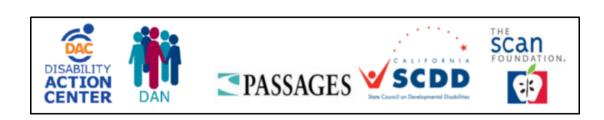
DIVERSABILITY ADVOCACY NETWORK (DAN) (2 OF 2)

DAN advocates for older adults and persons with disabilities to:

- support continuity of care
- ensure that new LTSS systems are accessible

In 2018, DAN created the Leadership Voices on Healthcare Direction town hall / forum events focused on reforming regional health care. Join Us!





EMERGING ADRC PARTNERSHIP

Emerging ADRC Evaluation Tool

DATE	
PROPOSED NAME OF ADRC	
PROPOSED SERVICE AREA	
CORE PARTNER	
CORE PARTNER	
CORE PARTNER (as applicable)	





EMERGING ADRC FOUNDATION BUILDING BLOCKS

#	Building Block	Emerging ADRC Response	CDA Notes
1	Service Area Identification of service area to be served through the development of an ADRC.		☐ Met ☐ Partially Met ☐ Not Met
2	Service Accessibility Identification of ADRC service locations, if known, that will be available within the ADRC service area where consumers can meet ADRC staff and receive core services. Provide information regarding accessibility, transportation and parking availability, service offerings, and facility characteristics that would make it suitable for ADRC		☐ Met ☐ Partially Met ☐ Not Met





State Council on Developmental Disabilities

YOU HAVE CHOICES - TAKE CONTROL!



LET'S CONNECT













CONTACT INFO

DoNetwork

Russel Rawlings

877-427-0387

disabilityorganizing@cfilc.org

Disability Action Center (DAC)

Talmadge House

(530) 893-8527

wecare@actionctr.org

Service Center for Independent Life

LaKenya Pitchford

(909) 621-6722

SCIL Website (http://www.scil-ilc.org/)

(ARDC) – Aging & Disability Resource Connection

ADRC@aging.ca.gov

DISABILITY SERVICES SUPPORT CENTER

 Free one-on-one or group assistance with accessing or delivering alternative services

 The Initiative provides direct support or makes the connection with a consultant who can help

Support.DisabilityThriveInitiative.org



RECURSOS EN ESPAÑOL (1 DE 2)





Manual de Derechos para Personas con Discapacidad Intelectual o del Desarrollo

https://adata.org/guide/manual-de-derecho-de-discapacidad-de-la-red-nacional-de-la-ada

Numero Telefonico: 510-285-5600 (V/TTY)

CorreoElectronico: adatech@adapacific.org

Pagina Web: http://www.adapacific.org





Centro de Entrenamiento e Información para Padres (TASK)

https://taskca.org/

Educar para empoderar a personas con discapacidades y sus familiares.

En los condados de: Imperial, Los

Angeles, Orange, Riverside, San Bernardino y San Diego.

Teléfono: 1-866-828-8275

Correo Electrónico: task@tasca.org

RECURSOS EN ESPAÑOL (2 DE 2)





Lectura facil sobre los derechos y obligaciones de personas con discapacidad.





EL MOVIMIENTO DE LOS PUEBLOS PARA LA EDUCACION EN DERECHOS HUMANOS (PDHRE)

Derechos Humanos y Personas con

<u>Discapacidad</u>

http://www.pdhre.org/rights/discrimination-sp.html

Aprenda cuales son los derechos humanos, las obligaciones y los compromisos de los gobiernos.

RESOURCES MULTI-LANGUAGE



LawHelpCA

General information, California's official and free legal resources. Languages available:

- English
- Español
- Tiếng Việt
- Русский,
- Filipino(Tagalog)



DISABILITY THRIVE INITIATIVE RESOURCES



Lunch and Learn

- Continue this conversation in a live, interactive session!
 - Friday, September 10th
 - 12:00 noon 1:00 pm
 - Register now:

LunchAndLearn.DisabilityThriveInitiative.org

JOIN US FOR OUR NEXT WEBINAR

Alternative Services & Beyond: Home- and Community-Based Services Settings Rule

Wednesday, October 13th

3:00 - 4:15 pm

Webinar. Disability Thrive Initiative.org



Servicios Alternativos y Más Allá: Regla de Diseño De Servicios Basados en el Hogar y la Comunidad

miércoles, 13 de octubre

3:00 – 4:15 pm

Webinar.DisabilityThriveInitiative.org

MORE DTI RESOURCES



Resource Library

Email Updates

Access the Resource Library and keep up with us:

Sign up for email updates about the latest:

DisabilityThriveInitiative.org

SignUp.DisabilityThriveInitiative.org

THANK YOU!



We look forward to seeing you at future webinars.

Find this webinar and other resources at:

DisabilityThriveInitiative.org

Info@DisabilityThriveInitiative.org | (916) 238-8811